



NH 5 A Day News

Promoting fruits and vegetables for better health in New Hampshire

"... people who ate the highest number of servings of fruits and vegetables had a lower relative risk for coronary heart disease ..."

Reduce Your Risk for Heart Disease

Eating more fruits and vegetables can reduce your risk for coronary heart disease. Using the prospective nurses health study and a follow-up cohort study, researchers reviewed the diets and disease incidence of over 84,200 women (34-59 y.o.) and 42,100 men (40-75 y.o.) After adjusting for standard cardiovascular risk factors, they found that people who ate the highest number of servings of fruits and vegetables had a lower relative risk for coronary heart disease than those people who consumed the least amount of produce. People consuming 4 or more servings of fruits and vegetables a day had a decreased risk for coronary heart disease. Those with an intake of at least 8 servings a day produced a further decrease.

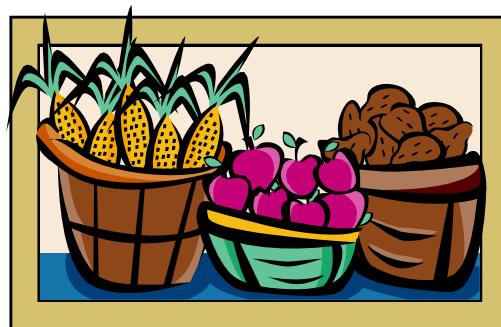
KJ Joshipura, FB Hu, et al. The Effect of Fruit and Vegetable Intake on Risk for Coronary Heart Disease. *Annals of Internal Medicine*. 134:1106-1114. 2001.

Veggie Volunteers

Everyone knows the benefits of eating fresh vegetables, but for some, fresh vegetables are a costly extravagance. Carroll County Master Gardener Jory Sivin and Extension Ag Educator Tina Savage came up with a plan to supply surplus seasonal vegetables to people who cannot afford them.

The Veggie Volunteer Program began after a visit to the Sherman Farm in East Conway. The Shermans' large, year-round farm stand sells 50 acres of vegetables – and more!

With 50 acres, there's bound to be more lettuce than the farm stand can sell, summer squash a bit beyond its prime, tomatoes that will spoil on the vine



unless they are picked. Sherman Farm generously offered these surplus foods to pantries, senior centers and other organizations in the past, but those organizations had no way to harvest, transport or store the produce.

Enter Jory Sivin who organized a system. Volunteers from youth groups, schools, churches and the private sector gathered at the farm to harvest, wash, package and transport the vegetables to food pantries, senior centers and a local hospital. Jory, Tina and Extension Program Associate, Joanne Knowlton, located food pantries that could accept fresh produce and developed a plan for recruiting volunteers.

Everybody won with the Veggie Volunteer Program. Sherman Farm realized their long-time goal to share excess produce with people who can't afford it. Volunteers served their community, learned about agriculture with a hands-on approach, met new people, made new friends and had fun outdoors while earning credit toward community service and club badges. Participating organizations served fresh, local vegetables to ~1,300 people per week. At the end of the 13-week project, over 17,650 people received vegetables. Local pantries and meal programs saved a total of \$5,771 that was redirected to other program needs.

Winter 2004

Inside

It's an election year . . .
run a produce
campaign!.....Insert

Ready-to-copy
Handout 2

Inspector Produce 2

Recipe: Oven Wedge
Fries 2

Voting for Produce 3

Colorful, Delicious and
Healthy 3

Order Form 3

Recipe: Wonderful
Stuffed Potatoes 3

Answers: Spud Trivia... 4

Answers: What Do You
Call 4

Recipe: Colorful Mashed
Potatoes..... 4

Links for Teachers and
Schools..... 4



Inspector Produce

Inspector Produce, PI (Private Investigator) is back and hot on the trail of a new investigation. As you may know, Pat Produce is a famous chef and an undercover agent. Help Pat collect the evidence, find the facts, run lab tests and form conclusions.

Today's investigation subject is the potato. Write all your answers on this case study form. Remember to get help from an adult with the lab tests.

Case Number: SPUD-1

Subject: Potato

Collect the Evidence: At your local grocery store, select fresh potatoes and two other forms – canned, flaked or frozen. Write your choices in the boxes below (marked with a *).

Find the Facts: Write your answers in the boxes below.

- What is the price for a pound, can, bag or box of potatoes?
- How many $\frac{1}{2}$ cup servings are in the can or bag or box?
- What is the cost per serving?
- How much sodium and fat are in each serving?

Fresh	*	*
\$_____ per pound	\$_____ per _____	\$_____ per _____
~4 Servings per pound	_____ Servings per _____	_____ Servings per _____
Cost per \$_____ serving	Cost per \$_____ serving	Cost per _____ serving
_____ milligrams of sodium per serving	_____ milligrams of sodium per serving	_____ milligrams of sodium per serving
_____ grams fat per serving	_____ grams fat per serving	_____ grams fat per serving

Laboratory Research: With the help of your teacher or a parent, cook each potato product. Wearing a blindfold, taste and rate each one: **Yum!, OK, or No Thanks.**

--	--	--

Form Your Conclusions:

- Which potato is the best price per serving?
- Which tastes the best?
- Which one would you buy next time? Why?

Spud Trivia

1. Why is a potato called a spud?
2. What are the eyes of a potato?
3. What states grow potatoes?
4. What president first served "French fries" at the White House?
5. What other plants belong to the potato family?
6. What was the first toy to be advertised on American TV?
7. Do purple potatoes really exist?
8. What was used for snowflakes in the movie *Close Encounters of the Third Kind*?

What Do You Call . . .

1. Someone who lies around all day watching TV?
2. Someone who is not warm-spirited?
3. A problem no one wants to deal with?
4. Something that's not very important?
5. A baby potato?

Oven Wedge Fries



Before you start, get permission from a parent to make this recipe.

Makes 4 servings

2 large potatoes

1 tsp olive or vegetable oil

Any toppings you decide to use *

- Preheat oven to 450° F.
- Scrub potatoes well. Cut them lengthwise into wedges the size and shape of pickle spears. Dry them on a clean towel.
- In a large bowl, toss the potatoes with oil until they are well covered.
- Spread the potatoes on a baking sheet. Dust them with * paprika or parsley or Parmesan cheese or a dried spice mix.
- Bake 20-30 minutes – 'til tender.

Nutrient analysis per serving: 80 calories, 2 g fiber, 1 g fat, 0 mg cholesterol, 2 mg sodium (if your the seasonings do not add any sodium), 13 percent of calories from fat.

Colorful, Delicious and Healthy

Colorful potatoes are beautiful, delicious and good for you! Recent studies at the USDA, Oregon State University, Texas A&M University, Colorado State University (CSU) and others have demonstrated that red-, purple- and dark-yellow-flesh potatoes were two to three times higher in antioxidants than white-flesh varieties. Diets rich in phytochemicals, such as the antioxidant groups known as flavonoids and carotenoids, help maintain healthy aging, vision, memory function, immune system, urinary tract, heart, and a lower risk of some cancers. The January 2004 issue of *Spudman Magazine*, reports that many of the newer pigmented varieties have increased content of these healthy pigments – and, improved in-skin and after-cooking color. They do not fade when microwaved or steamed. *Spudman Magazine* highlighted a few varieties of colored-flesh potatoes currently available – consider cooking one this week:

- **Yellow-flesh varieties** are rich in carotenoids. “The old standard is Yukon Gold with light yellow skin and yellow flesh. Maris Piper, Bintje and Russian Banana Fingerlings are old European varieties with great taste, texture and similar flesh color. German Butterball and Molli have a darker yellow flesh. Valisa is a new variety that has the darkest yellow flesh.
- **Red-flesh potatoes** contain anthocyanins, a type of flavonoid. “Huckleberry has dark red skins and pink flesh. French Fingerling has a red skin and a yellow flesh streaked with pink. A new red-fleshed variety from CSU, CO 94183-1R/R, has much deeper red flesh.”
- **Purple-flesh potatoes** also contain anthocyanins. “All Blue has deep purple skin and purple flesh. A new variety from CSU, CO 94165-3P/P, has deeper purple flesh.”

Wonderful Stuffed Potatoes

Recipe from the National Heart, Lung and Blood Institute
from the NCI 5 A Day website
<http://www.5aday.gov/>

Serves 4

- | | |
|-----------------------|-----------------------------------|
| 4 medium potatoes | ¼ cup low fat (1%) milk (or skim) |
| 1 tsp. dill weed | ¾ cup low fat (1%) cottage cheese |
| 2 Tbsp. margarine | 4-6 drops hot pepper sauce |
| ¾ tsp. herb seasoning | 2 tsp. grated parmesan cheese |
- Prick potatoes with fork.
 - Bake 60 minutes at 425° F or until fork-tender.
 - Cut in half lengthwise. Carefully scoop out potato leaving about ½" of pulp inside the shell. Mash in a large bowl.
 - Mix in remaining ingredients except Parmesan cheese.
 - Spoon mixture into potato shells.
 - Sprinkle with ¼ tsp Parmesan cheese.
 - Bake 15-20 minutes or until tops are golden brown.



Order Form

- ★ = Recently revised or new item
☐ Please add me to the *NH 5 A Day News* mailing list.

For bulk supplies, please write-in the quantity needed.

- ☐ ★ Fruits and Vegetables: Men Eat 9 A Day
☐ ★ Activity Sheets for Kids of All Ages (Set of 5, ready-to-copy)
☐ 5 A Day Information Kit
☐ ★ 5 A Day Across the Curriculum
☐ ★ 5 A Day at the Preschool
☐ ★ 5 A Day at the Worksite
☐ ★ 5 A Day Book List
☐ *Knock! Knock! Bookmarks* (60 jokes per set; ready-to-copy)
☐ “More Peas, Please!” (for parents)
☐ ★ How to Kit: Get Fit With 5 Challenge
☐ PBH Official 5 A Day Catalog

Fax (271-4160) or mail this form to:

NH 5 A Day for Better Health Program,
29 Hazen Drive, Concord, NH 03301

Name

Title.....

Agency/School.....

Address

Town, State

Zip

Phone

Voting for Produce

While the election season is upon us, consider holding a “produce campaign” at your school. Voting for their favorite fruit and vegetable is a great way for students, faculty, staff, parents and the community to learn about 5 A Day *and the election process* – all at the same time. For details, see the blue insert in this issue, *It’s an election year . . . run a produce campaign!*





5 A Day for Better Health is a national program to increase Americans' consumption of fruits and vegetables to 5 to 9 daily servings for better health. The lead federal agency is the National Cancer Institute in the US Dept of Health and Human Services. Partners include the:

- American Cancer Society
- Centers for Disease Control and Prevention (CDC)
- National Alliance for Nutrition and Activity (NANA)
- National Cancer Institute
- Produce for Better Health Foundation (PBH)
- United Fresh Fruit and Vegetable Association
- US Dept of Agriculture (USDA)

The *NH 5 A Day News* is issued by the NH 5 A Day for Better Health Program (603-271-4830) three times a year.

NH Department of Health and Human Services
Office of Community and Public Health
Bureau of Nutrition and Health Promotion
NH 5 A Day for Better Health Program
29 Hazen Drive
Concord, NH 03301-6504



Spud Trivia

1. The name comes from the type of spade used for digging potatoes.
2. Potato eyes are the seeds for new potato plants.
3. Potatoes grow in all 50 states.
4. Thomas Jefferson.
5. Tomato, chili pepper, eggplant, petunia, tobacco, belladonna and poisonous nightshade.
6. Mr. Potato Head.
7. Yes, see page 3.
8. Dried potato flakes (instant mashed potatoes).



What Do You Call...

1. Couch potato.
2. Cold potato.
3. Hot potato.
4. Small potatoes.
5. A small fry!

Colorful Mashed Potatoes

From the NCI 5 A Day website <http://www.5aday.gov/>

Serves 6

2 medium Yukon Gold potatoes cut in chunks (2 cups)

½ cup lowfat milk

2 teaspoons olive oil

1 cup chopped sweet onions

1 cup chopped carrots

¼ teaspoon caraway seeds

1 cup chopped broccoli

¼ teaspoon salt

¼ teaspoon pepper

- Boil the potatoes until very soft (10 to 15 minutes).
- Mash and stir in the milk. Set aside.
- Heat the oil in a skillet and sauté the

onions 2 minutes.

- Add the carrots and caraway seeds, cover and cook until almost tender, about 10 minutes.
- Add the broccoli and cook 5 minutes.
- The carrots and broccoli should both be tender and bright in color. Stir in the mashed potatoes, salt, and pepper. Heat through and serve.

Nutrients per serving: 119 calories, 22 g carbohydrate, 3 g fat, 0 g saturated fat, 0 mg cholesterol, 168 mg sodium, 3 g dietary fiber, 20% calories from fat, 0% calories from saturated fat.

Links for teachers and schools

- **Food and Nutrition Information Center – 5 A Day Resources**
<http://www.nal.usda.gov/fnic/etext/5adayresources.html>
- **Resource Guide for the USDA Fruit and Vegetable Pilot School Project**
http://5aday.gov/resource_guide.shtml
- **5 A Day and School-age Children: Trends, Effects, Solutions**
<http://schoolmeals.nal.usda.gov/Training/NC5aday/index.html>
- **WIN the Rockies Educational Materials**
<http://health.uwyo.edu/WinTheRockies/edmaterials.asp>
- **Fit, Healthy and Ready to Learn: A School Health Policy Guide**
<http://www.nasbe.org/healthyschools/fitthealthy.html>

Are you planning a Get Fit With 5 Challenge for your New Hampshire worksite, school or community? Are you looking for prizes/incentives? Call: 271-4830.



NH 5 A Day News

Promoting fruits and vegetables for better health in New Hampshire

"I am pleased to see the two state departments working together to promote fruits and vegetables for children."

*John A Stephen,
Commissioner,
Department of Health
and Human Services*



"5 A Day Quantity Recipe Cookbook" Now Online

Getting students to eat fruits and vegetables can be a challenge. That inspired Cheri White of the NH Department of Education, Division of Program Support, Bureau of Nutrition Programs and Services, and Mindy Fitterman of the NH 5 A Day for Better Health Program, Department of Health and Human Services, to develop a cookbook for schools. The cookbook was produced with Team Nutrition Training funds awarded to the NH Department of Education.

Cookbook development

Initially, White and Fitterman selected family-size 5 A Day recipes. Contractor Julianne Guyette expanded the recipes to serve 25, 50 and 100; developed the nutrient analyses, and kid-tested each recipe. Expanding a recipe is not a simple matter of multiplication and bigger pots and pans. The real work begins after the multiplication. As recipe size grows, ingredient ratios may need to change. Guyette and White applied the full range of their talents to bring the recipes' ingredients into harmony.

Cookbook features

The final result is a collection of 40 tasty fruit and vegetable based recipes that meet the USDA National School Lunch program criteria and the official 5 A Day

recipe criteria. Each recipe portion provides at least one "5 A Day" serving of a fruit or vegetable and is low in sodium, total fat, saturated fat, and cholesterol. The appendices include the original family-size recipes and background and resources for food safety, the USDA National School Lunch Program, the 5 A Day Program.

Recipes for many tastes

The recipes were selected to appeal to the tastes of children and youth and also expand their gustatory horizons. Thus, the recipes easily work in other settings – such as worksite cafeterias. They include beverages (Strawberry Yogurt Shake on page 2), salads, soups, side dishes (e.g., Vegetable Sage Stuffing and Apple Glazed Sweet Potatoes) and entrées (e.g., Pasta Primavera, and Tomato and Bean Burritos). The Spanish Zucchini Frittata and Fruit on a Raft (Waffles with Apples) can be served at lunch or as part of the National Breakfast Program. Other items include dips, snacks and a "sandwich booster."

Summer and fall workshops

Workshops featuring the cookbook will be offered to school food service directors across the state later this year. White and Fitterman will focus on ways to promote 5 A Day in schools and hints for introducing new menu items to students. Guyette will demonstrate a selection of recipes. For info, call Cheri White at 603-271-3865.



To download the cookbook, go to:

<http://www.ed.state.nh.us/FoodandNutrition/cookbook.pdf>



Summer 2004

Inside

Ready-to-copy Handout	2
Inspector Produce	2
Strawberry Trivia	2
Recipe: Strawberry Yogurt Shake.....	2
ACS Relay For Life	3
More Strawberry Trivia	3
"5 A Day Live"	3
Recipe: Strawberry-Jalapeno Salsa.....	3
Order Form.....	3
New Catalog	3
Answers: Strawberry Trivia	4
Recipe: Strawberry Rhubarb Angel Food Cake	4



Inspector Produce

Once again, Pat Produce (also known as Inspector Produce, PI) needs your help with the latest case. This time it's strawberries.

Help Pat collect the evidence, find the facts, run lab tests and form conclusions.

Write all your answers on this case study form. Remember to get help from an adult with the lab tests.

Case Number: STRWB-1

Subject: Strawberry

Collect the Evidence: At your local grocery store, select fresh strawberries and frozen strawberries that do not have any sugar added.

Find the Facts: Write your answers in the boxes below.

- What is the price for a bag or box of strawberries? Were the fresh strawberries sold by the pint or by the quart?
- How many $\frac{1}{2}$ cup servings are in the bag or box of frozen berries?
- What is the cost per serving?

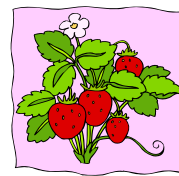
Fresh	Fresh	Frozen
\$_____ per pint	\$_____ per quart	\$_____ per bag/box
4 servings per pint	8 servings per quart	_____ servings per bag/box
_____ cost per serving	_____ cost per serving	_____ cost per serving

Laboratory Research: With the help of your teacher or a parent, defrost the frozen berries. Wearing a blindfold, taste and rate each one: **Yum! OK.** or **No Thanks.** Fill in your answer below.

--	--	--

Form Your Conclusions:

- Which strawberries are the best price per serving?
- Which tastes the best?
- Which one would you buy next time? Why?



Strawberry Trivia

1. Do strawberries ripen after they are picked?
2. In what states do strawberries grow?
3. When do everbearing strawberries produce berries?
4. Are strawberries wild or cultivated plants?
5. Unlike other berries, the strawberry has seeds on the outside skin rather than inside. How many seeds does the average strawberry have?
6. Strawberry plants send out long, thin growths that look like strings. These growths send roots into the soil that start new plants. What are these growths called?
7. When is the peak strawberry season in New Hampshire?

Strawberry Yogurt Shake



Before you start, get permission from a parent to make this recipe.

Serves 2

2 "5 A Day" servings per person

- $\frac{1}{2}$ cup unsweetened pineapple juice
- $1\frac{1}{2}$ cups frozen, unsweetened strawberries
- $\frac{3}{4}$ cup plain low fat yogurt
- 1 tsp. granulated sugar

- Put ingredients in blender.
- Blend at medium speed, until thick and smooth.

Recipe from <http://5aday.gov/>

ACS Relay For Life

Relay For Life is a fun-filled, 18-hour event that celebrates cancer survivorship and raises money for research and programs of the American Cancer Society. Teams gather at schools, fairgrounds or parks and take turns walking or running laps. For more information, go to: http://www.cancer.org/docroot/GI/gi_1.asp If you are planning a Relay, contact the 5 A Day Program for programming ideas (603-271-4830).

"5 A Day Live"

The Laughter Troupe, a group of 4th and 5th graders from Salisbury Elementary School that performs humorous skits with health themes, presented "5 A Day Live" this month under the direction of school nurse, Judy Elliott, R.N. for all the students at Salisbury Elementary and Webster Elementary Schools. Based on an evening news broadcast, the skit gets students singing and dancing while delivering the 5 A Day message. The skit kit from the Dole Food Company contains scripts, choreography, costume suggestions, scenery directions, lyrics, and sheet music. To borrow the kit complete with an audiocassette, contact the OCPH Library (603-271-0562) or download the contents at http://www.dole5aday.com/Teachers/ClassroomResources/Materials/T_5ADMaterias.jsp#performance



More Strawberry Trivia



Strawberries are not really berries or fruit in the "botanical" sense. A strawberry is actually an "aggregate fruit." The "real" fruit are the "strawberry seeds" which are fruits in the same way that a raw sunflower seed with its tough shell is a fruit.



The strawberry was originally grown in northern Europe. Species are also found in Russia, Chile, and the United States. The first American species was cultivated about 1835. In France strawberries were grown in the 13th century for use as a medicinal herb.

Strawberry-Jalapeño Salsa

Serve as a relish with fish or chicken, or as a dip.

Recipe from <http://5aday.gov/>

Serves 4

- 3 cups sliced strawberries
- 1 apple, cored and chopped
- 1 jalapeno, chopped (leave the seeds in if you like it very hot)
- 1 tablespoon brown sugar

• Just before serving, mix all the ingredients.

Nutrients per serving: 71 calories, 1 g fat, 13% calories from fat, 0 g saturated fat, 0% calories from saturated fat, 18 g carbohydrate, 3 g fiber, 3 mg sodium.



Order Form

- ★ = Recently revised or new item
- ☐ Please add me to the *NH 5 A Day News* mailing list.

For bulk supplies, please write-in the quantity needed.

- ☐ ★ Activity Sheets for Kids of All Ages (Set of 5, ready-to-copy)
- ☐ 5 A Day Information Kit
- ☐ ★ 5 A Day Across the Curriculum
- ☐ ★ 5 A Day at the Preschool
- ☐ ★ 5 A Day at the Worksite
- ☐ ★ 5 A Day Book List
- ☐ *Knock! Knock! Bookmarks* (60 jokes per set; ready-to-copy)
- ☐ "More Peas, Please!" (for parents)
- ☐ ★ How to Kit: Get Fit With 5 Challenge
- ☐ ★ PBH Official 5 A Day Catalog

Fax (271-4160) or mail this form to:

NH 5 A Day for Better Health Program,
29 Hazen Drive, Concord, NH 03301

Name

Title.....

Agency/School.....

Address

Town, State

Zip

Phone

New Catalog

"5 A Day the Color Way" is a national campaign that reminds consumers to eat a variety of colorful fruits and vegetables every day for better health. The latest PBH catalog features the "Color Way" graphic on many of the educational materials and incentives – everything from brochures and posters to games, cutting boards, aprons, hats and more. Also, look for other 5 A Day items: children's books, mylar balloons, and the ever-popular fruit and vegetable beanie babies. To view the catalog, go to www.shop5aday.org or use the order form above.



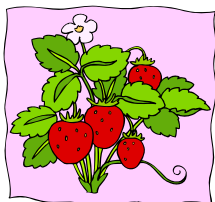


5 A Day for Better Health is a national program to increase Americans' consumption of fruits and vegetables to 5 to 9 daily servings to promote good health and reduce the risk of some cancers and other chronic diseases. National partners include:

- American Cancer Society
- Centers for Disease Control and Prevention (CDC)
- National Alliance for Nutrition and Activity (NANA)
- National Cancer Institute (NCI)
- Produce for Better Health Foundation (PBH)
- United Fresh Fruit and Vegetable Association

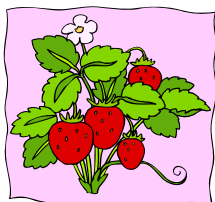
• US Dept of Agriculture (USDA)
The *NH 5 A Day News* is issued by the NH 5 A Day for Better Health Program (603-271-4830) three times a year.

8269
NH Department of Health and Human Services
Office of Community and Public Health
Bureau of Nutrition and Health Promotion
NH 5 A Day for Better Health Program
29 Hazen Drive
Concord, NH 03301-6504



Answers: Strawberry Trivia

1. No, strawberries do not ripen after they are picked.
2. In the United States, every state grows strawberries.
3. Everbearing strawberries produce berries throughout the spring and summer.
4. Strawberries grow as wild plants and cultivated plants.
5. The average strawberry has 200 seeds.
6. Strawberries put out string-like growths called runners.
7. The peak strawberry season in New Hampshire is June and July.



Strawberry Rhubarb Angel Food Cake

Recipe from <http://www.cdc.gov/5aday/>

Serves 10

2 cups sliced rhubarb
½ cup sugar
2 tablespoons orange juice
3 cups strawberries, sliced
2 cups frozen (thawed) reduced-fat whipped topping
1 container (15 ounces) ricotta cheese
¼ cup powdered sugar
Angel food cake

- Heat rhubarb, sugar and orange juice in a 2-quart saucepan over medium heat for 10 minutes, stirring occasionally. Cool 15 minutes. Add 2½ cups strawberries. Chill 1 hour.

- Beat ricotta cheese and powdered sugar in a large bowl on medium until fluffy. Fold in whipped topping.
- Cut cake horizontally to make 3 layers. Spread strawberry-rhubarb mixture between layers. Frost side and top of cake with ricotta mixture. Add the remaining ½ cup sliced strawberries on top. Refrigerate until ready to serve. Store in the refrigerator.

Nutrients per serving: 315 calories, 5 g fat, 14% calories from fat, 15 mg cholesterol, 59 g carbohydrate, 10 g protein, 1 g fiber, 370 mg sodium.



Are you planning a Get Fit With 5 Challenge for your New Hampshire worksite, school or community? Are you looking for prizes/incentives? Call: 271-4830.



NH 5 A Day News

Promoting fruits and vegetables for better health in New Hampshire

"It's vital for parents, as the most influential role model in children's lives, to lead by example . . . Parents need to help children develop healthy eating and physical activity habits that will stick with them throughout life."

*John A. Stephen,
Commissioner,
Department of Health
and Human Services*

Fall 2004

Inside

Ready-to-copy Handout
for Kids 2

Inspector Produce 2

Squash Trivia 2

Recipe: Spaghetti
Squash..... 2

Squash Blossom..... 2

"More Peas, Please!" ... 3

More Squash Trivia..... 3

Recipe: Acorn Squash
and Apple Puree 3

Order Form..... 3

Girl Scout 5 A Day Patch
Event..... 3

Answers:
Squash Trivia 4

Recipe: Pumpkin
Custard 4

Recipe: Pumpkin Pie
Soup..... 4

Ready-to-Copy
Handout/Checklist for
Adults/ParentsInsert



The NH 5 A Day for Better Health Program in the Department of Health and Human Services (DHHS), Division of Public Health Services encourages parents and other adult consumers, school leaders and staff, community leaders, policy makers and produce industry members (e.g. grocers and growers) to "Lead the Way: Choose Fruits, Vegetables, and Physical Activity" this September, National 5 A Day Month.

Campaign Components

Two graphics were developed for this year's campaign. The one shown above empowers adults to be their own best example *and* a role model for the children in their lives. An alternate graphic, minus the child, is suitable for use in worksite settings.

A press release, recipes with photos, and ready-to-copy resources for parents are also available. Call the NH 5 A Day Program (271-4830) for electronic copies of these components.

Back to School

September is the perfect time of year for the whole family to learn more about the importance of eating fruits and vegetables, being more active and working together to meet national recommendations. According to the U.S. Centers for Disease Control and Prevention, poor diet and physical

inactivity are among the leading causes of preventable death in the country.² For better health, all Americans should eat 5 to 9 daily servings of fruits and vegetables for better health and get at least 30 minutes (60 minutes for children) of moderate-intensity physical activity most days of the week.

Checklists for Parents

Overweight rates have doubled in children and tripled in adolescents over the last two decades, with one in seven young people now overweight and one in three at risk of overweight.¹ "Too many of our children are fighting 'adult' illnesses like type 2 diabetes and pre-hypertension," says John A. Stephen, NH DHHS Commissioner. "Parents can help reverse these trends by 'leading the way' at home, at school, and when eating out."

Recent school programs show that when fruits and vegetables are added to the food choices – including lunchtime salad bars and classroom snacks – children and teens eat them.³ Two checklists (see insert) and other resources are available to help parents assess and improve the health environment at home and at school.

Role Models

"It's vital for parents, as the most influential role model in children's lives, to lead by example," says Stephen. "Lifestyle habits begin at home at a very early age. Parents need to help children develop healthy eating and physical activity habits that will stick with them throughout life."

¹ Ogden C, Flegal K, Carroll M, Johnson C. "Prevalence and Trends in Overweight Among US Children and Adolescents 1999-2000. Journal of the American Medical Assoc 2002, vol. 288, no.14, pp.1728-1732.

² Centers for Disease Control and Prevention, The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives, 2004. <http://www.cdc.gov/nccdphp/burdenbook2002/preface.htm>

³ State Fruit and Vegetable Pilot Program in Indiana, Iowa, Michigan, and Ohio.



Inspector Produce

Pat Produce (also known as Inspector Produce, PI) is back and needs your help with the latest case. It's all about winter squash.

Help Pat collect the evidence, find the facts, run lab tests and form conclusions. Write all your answers on this case study form. Remember to get help from an adult with the lab tests.

Case Number: WSQSH-1

Subject: Winter Squash

Collect the Evidence: At your local grocery store, select a fresh winter squash and frozen winter squash.

Find the Facts: Write your answers in the boxes below.

- How much did the fresh winter squash cost? What is the price for a bag or box of winter squash?
- How many $\frac{1}{2}$ cup servings did you get from the fresh squash? From the frozen squash?
- What is the cost per serving?

Fresh	Frozen
\$_____	\$_____ per bag/box
_____ $\frac{1}{2}$ cup servings	$\frac{1}{2}$ cup servings per _____ bag/box
\$_____ cost per serving	\$_____ cost per serving

Laboratory Research: With the help of your teacher or a parent, cook the fresh and the frozen squash. Wearing a blindfold, taste and rate each one: **Yum!**, **OK**, or **No Thanks**. Fill in your answer below.

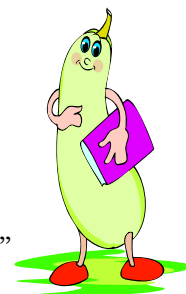
--	--

Form Your Conclusions:

- Which squash is the best price per serving?
- Which tastes the best?
- Which one would you buy next time? Why?

Squash Trivia

1. Name a "pasta" squash.
2. Name a "hat" squash.
3. Name a "nutty" squash.
4. Name a "fruit" squash.
5. Name a "nursery rhyme" squash.
6. Name a racquet game played in a four-walled court.
7. If you crush something, you might say you _____ it.



Spaghetti Squash

Serves 4

Recipe from the California 5 A Day Program cookbook, "Kids . . . Get Cookin'!" (available in our library)

1 whole spaghetti squash, about 2 pounds

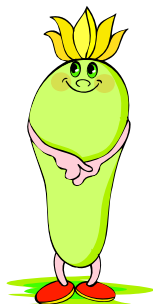
1 tomato, chopped

2 tablespoons Parmesan cheese

1 teaspoon olive oil

$\frac{1}{2}$ teaspoon garlic powder

- Ask an adult to cut the squash in half lengthwise.
- Take out the seeds with a spoon.
- Place squash cut side down in a microwave-safe baking dish. Be sure the baking dish will fit in the microwave. Add $\frac{1}{2}$ cup water to dish. Cover with plastic wrap, leaving corners uncovered.
- Microwave for 15 minutes until squash is tender when pierced with a fork.
- Let cool 5 minutes. Carefully remove plastic wrap.
- Using a fork, scrape the insides of the squash into long strings and place in a bowl. Discard skin.
- Stir in tomato, Parmesan cheese, olive oil and garlic powder.
- Microwave 1 to 2 minutes or until warm. Serve.



Squash Blossom

In Mexico, squash blossoms are sold in the market. Have you ever seen a blossom on a squash or pumpkin plant? They are the plant's flower. Did you know they are edible? To harvest them, you need to get to the garden early in the morning. By 11 AM, they will begin to twist shut. The biggest and strongest blossoms grow on the hubbard and butterball varieties. Pumpkin blossoms are the smoothest – better for eating raw. Can you make up a story or cartoon about a character named Squash Blossom?

"More Peas, Please!" Brochure Now Available in Color

"More Peas, Please!" is better than ever! It's just been reprinted in color with updated information on ways to get children to eat more fruits and vegetables. The popular brochure is filled with helpful hints for parents and fun recipes for kids. For a supply, call the NH 5 A Day Program at 603-271-4830.

More Squash Trivia



- Winter and summer squash belong to the gourd family. They grow in most of the country during the warm, frost-free season.
- Summer squash differs from winter squash in that it is harvested before the rind hardens and seeds mature. Because of the hard rind, most winter squash can be stored throughout the winter.
- Zucchini, patty pan, crookneck and straight-neck squash are all summer squash varieties.
- Pumpkin, hubbard, turban, butternut, acorn, spaghetti, banana, and buttercup squash are all winter squash varieties. Pumpkin pie can be made with other types of winter squash. Most people cannot tell the difference.
- Squash blossoms are edible. On female plants, they grow on the end of the squash. On male plants, they grow on the end of a stem.

Acorn Squash and Apple Puree

Recipe from <http://www.cdc.gov/5aday/>
Serves 2

1 acorn squash halved, seeds and strings removed

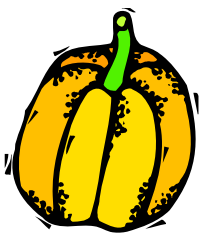
1 apple, cut into 1-inch pieces

½ tablespoon butter

Freshly grated nutmeg to taste (optional)

- Place squash cut side down in dish. Prick skin all over with tip of knife. Microwave for 10 minutes.
- Put apple in a bowl. Cover with plastic wrap. Microwave apple and squash for 4-6 minutes or until tender.
- Scoop out squash. Discard skin. Pour off any liquid from apple (add it to your fruit juice). Run apple and squash in food processor or through medium disk of a food mill or mash with a potato masher.
- Stir in nutmeg, butter, salt and pepper to taste.

Nutrients per serving: 238 calories, 8 mg cholesterol, 15 g fiber, 33 mg sodium. Percent calories from: protein 8%, carbohydrate 77%, fat 15%.



Order Form

★ = Recently revised or new item

☐ Please add me to the *NH 5 A Day News* mailing list.

For bulk supplies, please write-in the quantity needed.

- ☐ Activity Sheets for Kids of All Ages (Set of 5, ready-to-copy)
- ☐ 5 A Day Information Kit
- ☐ 5 A Day Across the Curriculum
- ☐ 5 A Day at the Preschool
- ☐ 5 A Day at the Worksite
- ☐ 5 A Day Book List
- ☐ *Knock! Knock! Bookmarks* (60 jokes per set; ready-to-copy)
- ☐ ★ "More Peas, Please!" (for parents)
- ☐ How to Kit: Get Fit With 5 Challenge
- ☐ PBH Official 5 A Day Catalog

Fax (271-4160) or mail this form to:

NH 5 A Day for Better Health Program,
29 Hazen Drive, Concord, NH 03301

Name

Title.....

Agency/School.....

Address

Town, State

Zip

Phone

Girl Scout 5 A Day Patch Event



Join the fun and earn a 5 A Day Girl Scout Patch! Learn what a rainbow has to do with fruits and vegetables, try some 5 A Day recipes, make a fruit and vegetable craft and play some games!

Saturday, October 23, 2004

9:30 AM to 4:00 PM

Concord area location TBA

To register and for more information, call 800-654-1270, Ext.117.



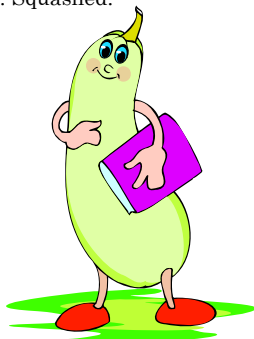
5 A Day for Better Health is a national program to increase Americans' consumption of fruits and vegetables to 5 to 9 daily servings to promote good health and reduce the risk of some cancers and other chronic diseases. National partners include:

- American Cancer Society
- Centers for Disease Control and Prevention (CDC)
- National Alliance for Nutrition and Activity (NANA)
- National Cancer Institute (NCI)
- Produce for Better Health Foundation (PBH)
- United Fresh Fruit and Vegetable Association
- US Dept of Agriculture (USDA)
- Produce for Better Health Foundation (PBH)
- United Fresh Fruit and Vegetable Association
- US Dept of Agriculture (USDA)

The *NH 5 A Day News* is issued by the NH 5 A Day for Better Health Program (603-271-4830) three times a year.

Answers: Squash Trivia

1. Spaghetti squash.
2. Turban squash.
3. Butternut squash; acorn squash.
4. Banana squash.
5. (Old Mother) Hubbard squash.
6. Squash.
7. Squashed.



8269

NH Department of Health and Human Services
Division of Public Health Services
Nutrition and Health Promotion
5 A Day for Better Health Program
29 Hazen Drive
Concord, NH 03301-6504



Pumpkin Custard

From <http://www.aboutproduce.com>

Serves 6

- 1½ cups pumpkin puree or 16 ounce can of pumpkin, no salt or fat added
- ¼ cup apple juice
- 3 egg whites, slightly beaten
- 12 ounce can evaporated skim milk, scalded
- 1 tablespoon pumpkin pie spice
- ¼ cup brown sugar

- Preheat oven to 400°. Spray 1½-quart soufflé dish or 9-inch glass pie plate with non-stick cooking spray.
- Combine all ingredients in mixing bowl. Mix thoroughly.
- Pour into dish and bake 35-45 minutes or until knife inserted near center comes out clean.

Nutrients per serving: 116 calories, 0 g fat, 3% calories from fat, 2 mg cholesterol, 1 g fiber, 98 mg sodium.



Pumpkin Pie Soup

From <http://5aday.gov/>

Serves 4

- 16-ounce can of pumpkin, no salt or fat added
- 12 ounce can evaporated skim milk
- Granny Smith apples, sliced

- Blend pumpkin and milk in blender until well mixed.
- Pour in to and bring to simmer.
- Cook 30 minutes.
- Pour into bowls and garnish with Granny Smith apple slices.

Nutrients per serving: 211 calories, 0.9 g fat, 4% calories from fat, 6 mg cholesterol, 38 g carbohydrate, 14 g protein, 3 g fiber, 201 mg sodium.

Are you planning a Get Fit With 5 Challenge for your New Hampshire worksite, school or community? Are you looking for prizes? Call: 271-4830.

Parents, are you leading the way?



Do your kids have access to plenty of fruits and vegetables . . .

. . . at home?

- ☐ I keep a bowl of fresh fruit on the counter.
- ☐ I keep easy-to-eat vegetables and low-fat dip in the refrigerator where my kids can reach them.
- ☐ I serve two vegetables with dinner.
- ☐ I set a good example by snacking on fresh fruit like oranges, apples, grapes and bananas.
- ☐ My freezer is packed with quick and easy vegetables.

. . . at school?

- ☐ The cafeteria offers a variety of appealing fruits and vegetables.
- ☐ Fruits and vegetables are available as snacks in the classroom.
- ☐ The cafeteria has a salad bar.
- ☐ Ready-to-eat fruits and vegetables are offered in vending machines and school stores.
- ☐ Fruits and vegetables are offered as snacks in after-school programs.
- ☐ The cafeteria serves recipes from the NH-developed "5 A Day Quantity Recipe Cookbook."

